

December 2020

# MeetingDem Newsletter



The MeetingDem Newsletter is an edition of the MeetingDem Network ([www.meetingdem.eu](http://www.meetingdem.eu)). This newsletter is disseminated among the network of interested stakeholders and Meeting Centres for people with dementia and carers worldwide. Sign up for this newsletter at [www.meetingdem.eu](http://www.meetingdem.eu) or by sending an email to [meetingdem.eu@gmail.com](mailto:meetingdem.eu@gmail.com).

In these dark days before Christmas, and in these unreal times in which the COVID-19 pandemic still severely limits our daily life, we hope to bring some light to all Meeting Centres colleagues all over the world who have continued their important work of supporting people with dementia and their carers. We are so proud to hear your stories on how you managed and used your creativity during these difficult times, and how satisfied people with dementia and carers were with the alternative support you have offered them. A big THANK YOU to all of you!

In this annual newsletter we will inform you on the many actions that were undertaken in the different countries in 2020. Some highlights: 3Bridges in Sydney winning the highly coveted 'Future of Aging' national award for their Individual Dementia Support Program delivered at home during COVID-19; the first two Meeting Centres opening their doors in Singapore (!); rapidly increasing numbers of Meeting Centres and an online training program on how to set up Meeting Centres in the UK; and new research projects on Meeting Centres starting at the Association for Dementia Studies of the University of Worcester. We are very happy to welcome to our MeetingDem Network the Meeting Center of the Wiesje Foundation in Paramaribo (Surinam)! Last but not least, a further increase to 179 Meeting Centres in the Netherlands and the formal inclusion of the Meeting Centres Support Program in the Dutch Dementia Strategy 2021-2030, which was launched on World Alzheimer's day. We would like to thank everybody who supported the dissemination and implementation of the Meeting Centres for people living with dementia and their carers in the past year and look forward to further developments in a hopefully healthy 2021! We wish you all a Merry Christmas and a sparkling New Year!

*Prof. Rose-Marie Dröes, Chair MeetingDem Network*



**A VERY MERRY  
CHRISTMAS  
and Happy New Year!**

## **3Bridges' Individual Dementia Support Program wins National Award**

3Bridges in Sydney, Australia, won the "Future of Ageing" national award under the category of dementia care. The program that won the award is our Individual Dementia Support Program (IDSP).

The IDSP is an integrated, tailor-made 'package of care' that provides support to people diagnosed with mild to moderate dementia across all ages and their family carers, based on the principles of the Meeting Centre Support Program (MCSP) and Individual Cognitive Stimulation Therapy (iCST). The program is delivered at the home of the person living with dementia and includes two weekly visits, each in duration of 1.5 to 2 hours.



### *Why it came about*

Prior to COVID-19 and the decision to close the community centres in Australia, (after 23rd March 2020) 3Bridges Community successfully operated the MCSP at full capacity out of Summer Hill and at Carss Park community centres. Due to Covid-19, the community centres had to be closed almost immediately. This affected over 40 families. We understood the consequences of the social isolation on people living with dementia and the anticipated additional pressure on carers. We knew we had to respond and restructure from a group-based program to an individual, one on one support for our members and online and telephone support for our carers. We understood the importance of staying connected and continued to provide support to our clients at the most uncertain times. Within 2 weeks of cancelling the groups we managed to offer the new individual program.

There was a lot of anxiety during the first couple of weeks as people were uncomfortable having staff at their homes and our team members were afraid of exposing themselves and their clients to any risks of infection. However, within a short period of time, this

anxiety eased as we knew each other very well and our clients were very happy to receive a visit and to see a familiar face.

We provided the families with a self-help 'survival kit' to be used at home during the lock down period. The kits included colouring in sheets, colouring pens, Sudoku, puzzles, cross words, deck of cards, balloons and noodles for indoor balloon tennis, a small ball, terra-bands, etc., so all members of these families could do together with the person living with dementia. The bags were dropped by our staff at the doorsteps of the families' homes.

We also provided the families with ½ hour exercise program by our Exercise Physiologist via a private YouTube link. The video consisted of the exercise routine that was undertaken at the centre prior to COVID. Additional on-line educational resources were also included.

*Amal Madani, Meeting Centre Three Bridges, Sydney, Australia*

#### The four components of the 3Bridges Individual Dementia Support Program:

- **Physical Activities:** exercise, walk & talk, ball games, indoor balloon games, Thai chi, dancing, etc. Exercise is designed around individual abilities of the person and to bring fun and motivation while listening to an upbeat music.
- **Cognitive Activities:** word games, puzzles, cross words, Sudoku, reminiscence therapy, speech enhancement, picture trivia, category games, etc. Cognitive activities are designed to challenge different parts of the brain while exercising memory, language, attention, problem solving and creating a fun and encouraging environment.
- **Social Activities:** making food together, cards, games, Uno, bingo, colouring in, immersive art, song along, craft & scrap book, poetry reading, etc. Social interaction has never been more important than during Covid-19 pandemic. Being able to continue to stay connected and provide the support throughout this time, fostering positive relationships has been the most important part of the program.
- **Participation in purposeful activities :** cooking, painting, scrapbooks etc. Personal preferences were respected when designing the activities to maximise person's engagement and meaning. For example, food was cooked to support the spouse, art was created as a gift etc.

Carers of people living with dementia were supported through individual and group support. Zoom carers cafes are organised twice per week and telephone and email support is provided weekly. Dementia Consultancy and Counselling is offered in addition to the program.



#### First two Meeting Centres opened in Singapore!

In July 2020, after a six-month preparation and amid COVID-19, Alzheimer's Disease Association (Singapore) has progressively started two pilot Meeting Centres at different locations supporting two groups of people living with dementia and their caregivers. Most of the members of the first pilot are living with young-onset dementia and have affectionately named their Meeting Centre the FUN (Forget-Us-Not) Club. Members of the second pilot are senior residents living in the same neighborhood.



COVID-19 has brought along various challenges. However, with the required safety measures in place, we managed to organise activities such as music and movement, photo talk and sharing by families, current affairs discussion, scrapbooking, and workshop and interest group for caregivers. In October, members and family members of the FUN Club initiated the idea for an outing to take photos for a photo contest.

We also had groups of student volunteers engaging the members through activities such as Bingo and exercise over Zoom on a regular basis. Members and family members have been very supportive as they value the social interaction, the peer support and the co-created activities.

We have a total of 12 members and 13 family members in the two Meeting Centres and we hope to increase the capacity and have more community involvement as COVID-19 restrictions ease. The current operating hours for both Meeting Centres are limited to four hours. In the coming months, we hope to extend the hours and introduce cognitive stimulation therapy and other activities such as meal preparation and gardening. Both the MCSP team and the members are looking forward to a more exciting 2021.

*Ivy Ho, Alzheimer Organization Singapore*

#### Five new model Meeting Centers in Japan!

In Japan, where an estimated 8 million people currently suffer from dementia, a project modelled on the Meeting Centres Support Programme developed in the Netherlands, aiming to help them continue to live at home, was launched in 2019. Our three-year plan aims to provide integrated care for patients and their families based on the Meeting Centres Support Programme.



*Participants, carers and staff of Meeting Center Tomoni in Japan*

I would like to update you on the status of Meeting Centers in Japan. We got a big research grant. And now we are implementing model projects in five locations: Kyoto, Fukuoka, Miyagi, Kanagawa, and Nagano. We are implementing the project based on the Amsterdam model, but each of them has their own unique characteristics.



*Meeting Center Tomoni in Japan*

Since this is a model project, we are implementing it once a month. In Japan, the project is planned to be institutionalized two years later in 2022. However, the

impact of the coronavirus is still unclear. But we are determined to do our best. Please support us.

*Prof. Tomoyuki Yabuki, Research and Training center for Dementia Care in Sendai, Japan*

### **Meeting Centres in Dutch Dementia Strategy**

In 2020 the number of Meeting Centres in the Netherlands again increased, from 166 to 180. As in the other countries almost all Meeting Centres closed from March to June during the lockdown due to the COVID-19 pandemic. However, they continued to support their participants at a distance by telephone and videocalling, by WhatsApp groups, sending postcards, and by visiting people at their homes (bringing them sweets, food, activity materials, singing a song or making music for them) or for example by taking

them outside for a walk or a tour by bike. The strong relationships that the centres have with their participants appeared very important also to continue the support at a distance. Many centres also started using tablets and apps for meaningful activities, thus stimulating people to stay active and enjoying themselves at home. Several care organization and local governments provided funding for this, which helped to stimulate the usage of tablets and apps. As researchers from VUmc, having a lot of experience in learning people with dementia and carers how to use the tablet and apps related to our FindMyApps project (see green box on this page), we developed and provided a 'train-the-trainer' course for tablet use for the Meeting Centres' staff. We also composed two COVID-newsletters with many support tips, which the centres shared and tips for useful and dementia friendly apps. After reopening of the centres in June this was still very useful as most centres offer half day activities to their participants to allow more people to visit the centres at least 3 times a week while keeping enough distance to each other.

On 21 September we were pleasantly surprised by the totally unexpected great news that the Minister of Health, Hugo de Jonge had launched the Dutch National Dementia Strategy 2021-2030 in which is stated that in 2030 80% of the people with dementia in the Netherlands must be able to use a Meeting Center in their neighbourhood! We are of course very excited about this, moreover as in the same Dementia Strategy it is also stated that there should be many more volunteering opportunities for people with dementia, which we have stimulated now already for five years as part of our successful individualised Meeting Centres Support Program (iMCSP, see publication list in this newsletter).



*Dutch Minister of Health Hugo de Jonge*

The coming years we will therefore continue to actively support the national dissemination of the Meeting Centres by means of our helpdesk, National Working

Group of Meeting Centres, dissemination of information materials, website and training courses for professional workers in these centres all over the country, and especially in the Eastern part where still little Meeting Centres are. 27 years after the opening of the first Meeting Centres in Amsterdam the National Dementia Strategy offers finally a concrete and very hopeful perspective!

*Prof. Rose-Marie Dröes, Department of Psychiatry, Amsterdam UMC, location VUmc, The Netherlands*

### Helping people with dementia learn to use the tablet and apps

If people with dementia struggle to use technology, is it because we aren't helping them in the right way?

People with dementia can use a tablet and it can help improve self-management and social participation. However, the amount and kind of support that people receive in learning to use new technology makes a big difference to how much they get out of it.

Researchers at VU University medical center in Amsterdam, the Netherlands, have developed a 'train the trainers' guide for personnel of Meeting Centres and other care organizations. Following the guidance in the manual can help give people the best chance to learn, and benefit from, using new technology.

The 'train the trainers' guide is based on experience gained through the [FindMyApps](#) project. FindMyApps connects people with dementia, with apps that meet their needs and interests. Currently FindMyApps is based in the Netherlands. If you're aware of people in your country who might benefit from FindMyApps, or if you have recommendations for apps that you know are valuable for people with dementia, please get in touch.

To get a copy of the 'train the trainer' guide, recommend apps or enquire about FindMyApps, please get in touch with David Neal ([d.n.neal@amsterdamumc.nl](mailto:d.n.neal@amsterdamumc.nl)) or Rose-Marie Dröes ([rm.droes@amsterdamumc.nl](mailto:rm.droes@amsterdamumc.nl)).



### Meeting Centres UK vision for 2021 and beyond

This is our third annual update about how the UK Meeting Centres Support Programme project is contributing to our vision for a Meeting Centre in every town across the UK.

Over the last year and prior to lock down, four new Meeting Centres opened in the UK bringing the total to 13 with another 12 anticipated during 2021. Whilst the pandemic has curtailed the development of newer and emerging Meeting Centres, others continued to provide a mix of remote and, from June, limited face to face support. Two of the Centres have now opened their doors and it is clear from our on-going research that, whilst remote support can have a positive effect, it is no substitute for face to face contact (see photo).



*Leominster Meeting Centre members enjoying outdoor physically distanced seated exercise*

As a project we certainly haven't been standing still. The Worcestershire Meeting Centre Support Programme ([www.worc.ac.uk/wmccsp](http://www.worc.ac.uk/wmccsp)) opened on 25<sup>th</sup> November 2020 which will provide funding, over three years, towards nine Meeting Centres across the county. Closely linked to this is a PhD Studentship, funded by the Shaw Foundation, looking at the strategic regional development of Meeting Centres, will start in February 2021. We also have a new NIHR (National Institute Health Research) funded 2-year project starting in January 2021 which focuses on how successful Meeting Centres manage to keep going. Our new fully online training programme to help staff/volunteers understand how to develop an enjoyable and flexible Meeting Centre launches in February 2021.

If you would like to find out more about Meeting Centres in the UK please contact us at: [meetingcentres@worc.ac.uk](mailto:meetingcentres@worc.ac.uk) and/or visit our website <http://bit.ly/2rwXCYS> Twitter: @MeetingCentres  
*Prof. Dawn Brooker and Dr Shirley Evans, Association for Dementia Studies, University of Worcester, UK*



## Meeting centres in Italy in 2020

During 2019 15 Meeting Centres were implemented across different regions in Italy and 2 were planned to open in the region of Emilia Romagna at the beginning of 2020. At the end of February, due to the pandemic spread, all activities had to be stopped and the opening of the two new Meeting Centres had to be postponed. In order to meet the needs of the people with dementia and their caregivers the majority of the Meeting Centres moved to online activities in a proactive approach. Using different tools and platforms, one to one activities as well as group meetings have been runned. The participants of the Meeting Centres, previously known, received also information about how to be active during the lockdown period and a tutorial for music-therapy, dance and cognitive stimulation were sent to the participants. In some cases an intervention at home to support caregivers or the person with dementia was undertaken. In this way the interaction between participants and staff was maintained and highly appreciated by all. The previous activities of the Meeting Centres have build a strong relationship which was useful during the lockdown period. An exchange of good practice between the Meeting centres staff took place which allowed staff members to learn about possibilities to support people with dementia and their caregivers. The Meeting Centres are still closed now and online activities are a good alternative to keep in touch with people.

*Prof. Rabih Chattat, University of Bologna, Italy*

During the pandemic, the Meeting Centres in Milan transformed all their activities: we wanted to offer the dyads the opportunity to continue the treatment they had undertaken by using technology, in spite of the lockdown. We had the opportunity to provide all the families with a tablet connected to internet free of charge, and we taught the most inexperienced persons the basic rules to use it. To date, all families participating in the Meeting Centres connect daily. This modality allowed a greater participation of family members in the activities (especially working children), and allowed persons with dementia to maintain contact with the other participants. Certainly all the aspects of sociality and sharing of face-to-face work are lacking. While waiting to see eachothers again physically in the Meeting Centers, we are now organizing a Christmas Zoom Party.

*Dr. Elisabetta Farina, Fondazione Don Gnocchi, Milan, Italy*

## MeetingDem News from Wroclaw, Poland

At the beginning of the first wave of pandemic, in the Wroclaw Meeting Centres, as in most facilities providing similar day-care support for people living with

dementia and seniors, daily activities were suspended. Despite this, it remained staff's priority to keep the participants in the best possible form during this difficult time. Therefore, therapists prepared written and recorded materials, including movement and cognitive exercises, manual work, relaxation, etc., which were sent to caregivers. The users who needed most care were provided with lunches delivered to their homes. Support groups took place invariably, but via internet by video calling. In addition, the staff maintained constant telephone contact with the people living with dementia as well as with the caregivers.



*Participants of Wroclaw Meeting Centres before COVID-19*

Even during this remote operation, communities such as Meeting Centres were regularly involved in the Wroclaw Medical University research. They were active participants of the Local Working Group in the Cognisance project aimed at creating a social campaign on dementia. People living with dementia, family carers and personnel were also sharing their lived experiences in the surveys on the impact of coronavirus on their lives. Their commitment proved to be unwavering even during the difficult time of social distancing when they had to familiarize themselves with the remote methods of communication. Thanks to this engagement the valuable idea of Patient & Public Involvement in research could be sustained. In the period from mid-summer to October, due to the lower number of infections, facilities returned to stationary work but to a limited extent. Approximately half of all users participated in the program with strict epidemiological rules. Unfortunately, with the increase in the number of infections, personnel were forced to suspend daily activities at the center and switch to remote mode again.

People living with dementia and caregivers experience this time differently. However, practically all users strongly emphasize the harsh feeling of loneliness and that they miss meetings on Ciepła Street.

*Prof. Joanna Rymaszewska & Dr. Dorota Szcześniak, Wroclaw Medical University, Dept of Psychiatry.*

## Meeting Centres in Spain

The COVID-19 epidemic situation in Spain has been very complicated and The Orillas del Duero Meeting Center made a big effort to solve it. We have taken a lot of initiatives using technologies for our participants.

Now the center is open again and we have combined two methods: online and face to face interventions.

While the Meeting Center was closed we sent to the carers of persons with dementia a program guideline every week with all the activities for the week. We had the opportunity to provide all the families with a computer and we provided to the inexperienced persons the basic rules to use it. We made video calls three times weekly (2 times we phoned the person with dementia and one time we phoned the carer). During these video calls, we talked with the people with dementia, we made cognitive exercises and we realized sessions of the reminiscence program.

The calls with the caregiver had two objectives: 1) to help them to bear the burden of care providing guides with activities and solutions for specific problems (such as disruptive behavior) 2) to provide emotional support: to find a space for them where they could talk and help them to create personal care spaces (carry out relaxation sessions, make a diary of emotions ...).

We created different types of tools to facilitate care:

- Tips for quarantine with a person with dementia
- Protection of the carer of a person with dementia in confinement
- Activity routine for person with cognitive impairment
- Behavioral treatment of dementia
- Cognitive stimulation in older people without cognitive impairment in a confinement situation
- How to improve the emotional state of elderly people in confinement situations (see Annex of this Newsletter).

Moreover, we created an activity notebook based on reminiscence that would give continuity to the program that we made in the video calls, but with the participation of the whole family!!!



We also created a game, the famous "Memory" but based on reminiscence, where the memories of yes-

terday could be shared today with the little ones... including their mischief!

And finally, all the people could work with GRADIOR, a cognitive rehabilitation software program.

*Esther Parra, Orillas del Duero Meeting Center, Zamora, Spain*

## Covid-19 influenced all of us in Aruba

On the 13<sup>th</sup> of March 2020 a total lockdown was imposed on us due to the total amount of positive cases on Aruba. As a consequence of this our center CasMarie had to change our service to our clients and their family members. We decided to offer online services through different means (facetime, WhatsApp messenger and videocalls, facebook etc). Our online services consisted of giving advice, offering a listening ear, checking in with the wellbeing of the client and caregiver, offering digital activities and idea's of activities that can be offered at home.



We also organized a 'drive-thru' by CasMarie where our clients could pass by, see and greet us and pick up a special package we made for them. Of course we adhered to all the strict prevention protocols to keep everyone safe.



At the moment we are receiving our clients in small groups at our center CasMarie, we are well aware of how fragile the situation is

and how easy it can change again.

We will most definitely come up with a plan for an upgrading of our digital services and means to reach out to all our clients.

*Yvonne Escalona, voorzitter Cas Marie Foundation, Aruba*

## Meeting Center in Surinam

My name is Mavis Leter, I am the director of the Wiesje Foundation Suriname. This is an organization for people with Dementia and their caretakers in Suriname.

The Wiesje Foundation is 21 years old and was founded by misses Gerda Havertong when her mother died of the Syndrome of Alzheimer in 1999. Since then we have come real far. We started with a knowledge center about Dementia in 2004 for caretakers, professionals and people with Dementia. After that a small daycare center for people with Dementia and their caretakers was opened in 2005. And in 2015 we opened a home for people with Dementia where they can live 24 hours a day.

Our philosophy is small scale houses and Experience-Oriented work. We talk with caretakers on daily base because there is an equal responsibility. We do not get any form of subsidy from the government, but we are great in fundraising, project activities and asking or working for donations and of course money.



So this year we also opened our new head office with daycare center, we call it our social cultural center because there is a lot of room for doing more than the daycare only.

We are holding up well, nobody got sick and we hope you all are doing well also during this COVID-19 pandemic.

We got help from a fund in the Netherlands when building our head office with new center, last year. Another fund is going to help us to do our new project for 2021. The name of this project is " Make contact with me ". The center point is an extension of daycare activities, caretaker activities and expertise promotion for all people caring for or working with dementia.

We want to stay in front in upgrading our quality care for people with Dementia in Suriname. To give them and their family or caretakers more quality in life we give information in lots of area's regarding the sickness of Dementia or were to go when they need help, but also how to deal with side effects like aggression,



hallucinations, delusions and decorum loss. We worked together with a neuroscientist to help the team and caretakers in handling and coping with behavior and try to see things also from a positive side of view. Validation can be the key for lots of performance. With patience, an ear and warm care we will realize lots of awareness and togetherness in care for people with Dementia. Check our photos.

Thank you for caring and lots of love.

*Mavis Leter, Director Stichting Woonzorg Wiesje, Paramaribo*

## Meeting Centres in development

### Chile

Peter Kok of the Fundación Kok-Berkhoff in Chili reports that since March this year due to the pandemic COVID-19 situation in Chile all activities for the preparations of Meeting Centres and educational activities in Chile had to stop unfortunately. They hope to be able to continue their activities very soon. For those who want to stay updated on the activities of Fundación Kok-Berkhoff in Chile please check their new, very informative, website: [www.fkb.cl](http://www.fkb.cl)



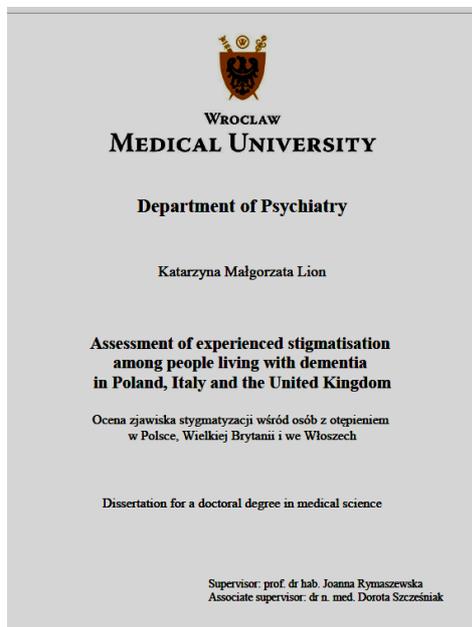
### Ohio (USA)

Though there were plans to start a Meeting Center in Ohio in August 2020, these plans had to be (temporarily) cancelled because of lack of funding and the outbreak of the COVID-19 pandemic. Hopefully Dr. Elizabeth Lokon (University of Miami), who leads the initiative, will find new opportunities in the next year to continue with preparing a Meeting Center in Ohio.

**We congratulate .....**

## **Doctor Katarzyna Malgorzata Lion**

On 7 February 2020 Katarzyna Malgorzata Lion finalized her PhD at the Wroclaw Medical University (Poland) based on data collected in the MeetingDem project. The title of her thesis was: Assessment of experienced stigmatisation among people living with dementia in Poland, Italy and the United Kingdom. Her supervisor was Prof Joanna Rymaszewska and co-supervisor Dr. Dorota Szcześniak. We wish Dr. Lion all the best in her career as a researcher at Griffith University in Brisbane, Australia.



## **MeetingDem products and publications**

The MeetingDem project ended in 2016. Since then the consortium members published various publications on the implementation, effectiveness, and cost-effectiveness of the Meeting Centres Support Programme offered in different countries in Europe (see also [www.meetingdem.eu](http://www.meetingdem.eu)).

In 2020 the following articles were published:

Evans, S.B., Evans, S.C., Brooker, D., Henderson, C., Szcześniak, D., Atkinson, T., Bray, J., Rehill, A., Saibene, F.L., d'Arma, A., Scorolli, Claudia, Chattat, R., Farina, E., Urbańska, K., Rymaszewska, J., Meiland, F.J.M., Dröes, R.M. The impact of the implementation of the Dutch Meeting Centers Support Programme for family carers

of people with dementia in Italy, Poland and UK: a cross country validation project. *Aging & Mental Health*, 2020, 24:2,280-290, <https://doi.org/10.1080/13607863.2018.1544207>

Lion, K.M., Szcześniak, D., Bulińska, K., Evans, S.B., Evans, S.C., Saibene, F.L., d'Arma, A., Farina, E., Brooker, D.J., Chattat, R., Meiland, F.J.M., Dröes, R.M., Rymaszewska, J. Do people with dementia and mild cognitive impairments experience stigma? A cross-cultural investigation between Italy, Poland and the UK. *Aging Ment Health*. 2020, 24:6, 947-955, <https://doi.org/10.1080/13607863.2019.1577799>

Van Haeften-van Dijk, A.M., Meiland, Hattink, B.J.J., Bakker, T.J.E.M., Dröes, R.M. (2019) A comparison of a community-based dementia support program and nursing home-based day care: effects on carer needs, emotional burden and quality of life. *Dementia, the International Journal of Social Research and Practice* 2019 Jul 17:1471301219861767. <https://doi.org/10.1177/1471301219861767>. Epub ahead of print

Lion, K.M., Szcześniak, D., Evans, S.B., Evans, S.C., Scorolli, C., Saibene, F.L., d'Arma, A., Farina, E., Brooker, D., Chattat, R., Meiland, F.J.M., Dröes, R.M., Rymaszewska, J. Does the Meeting Centre Support Programme decrease the experience of stigmatization among people with cognitive deficits? *Aging & Mental health*, 2019 Nov 7:1-10. doi: 10.1080/13607863.2019.1683815. [Epub ahead of print] <https://www.ncbi.nlm.nih.gov/pubmed/31694389>

Szcześniak, D., Rymaszewska, J., Saibene, F.L., Urbańska, K., d'Arma, A., Brooker, D., Evans, S.B., Evans, S.C., Chattat, R., Scorolli, C., Meiland, F., Hendriks, I., Dröes, R.M., Farina, E. Meeting Centres Support Programme highly appreciated by people with dementia and caregivers: a European cross-country evaluation *Aging Ment Health*. 2019 Nov 5:1-11. <https://doi.org/10.1080/13607863.2019.1683814>. [Epub ahead of print]

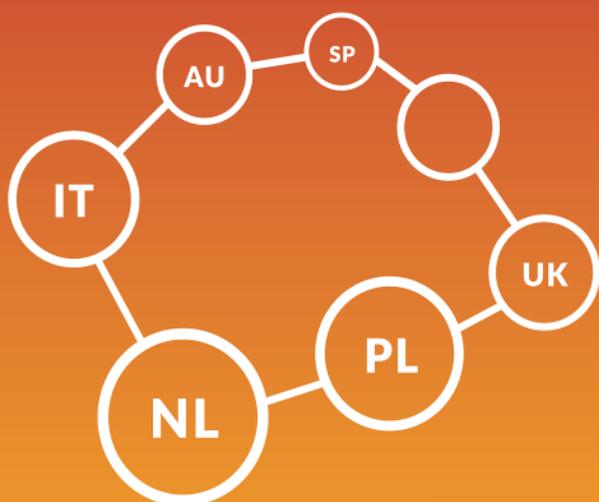
Henderson, C., Rehill, A., Brooker, S., Evans, S.C., Evans, S.B., Bray, J., Saibene, F.L., Scorolli, C., Szcześniak, D., d'Arma, A., Urbanska, K., Atkinson, T., Farina, E., Rymaszewska, J., Chattat, R., Meiland, F.J.M., Dröes, R.M., Knapp, M. Costs and Cost-Effectiveness of the Meeting Centres Support Programme for People Living with Dementia in Italy, Poland and the UK: The MEETINGDEM Study. *Health and Social care in the Community* (Accepted).

## **ACKNOWLEDGEMENT**

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## THE MEETINGDEM NETWORK GOALS



### FURTHER DISSEMINATION OF THE CONCEPT OF MEETING CENTERS

Stimulation of dissemination of the proven effective combined Meeting Centres Support Programme across Europe and beyond.



### KNOWLEDGE EXCHANGE

On effective post-diagnostic care and support for community-dwelling people with dementia and their carers.



### EXCHANGE OF EXPERIENCES AND VIEWS

In different cultural, geographical, economic and organisational contexts.



### INTERNATIONAL COLLABORATION IN APPLIED RESEARCH

Into post-diagnostic care in dementia on a European level.

**TO A BETTER MENTAL AND SOCIAL HEALTH FOR PEOPLE LIVING WITH DEMENTIA AND THEIR CARERS**

Figure: Tools to facilitate care

## Cómo mejorar el estado emocional de las personas mayores en situación de confinamiento

**FUNDACIÓN intras**

Tras la jubilación se inicia una época de descanso, reflexión y de nuevas oportunidades para hacer cosas que, por diferentes motivos, no se han podido realizar en etapas previas de la vida. Situaciones no esperadas, como la situación actual que vivimos, pueden generar la aparición de ansiedad o sentimientos de tristeza, soledad y de baja autoestima.

A continuación os dejamos unos consejos sobre cómo combatir estas emociones:

- 1 Acepta la realidad actual.**  
Hay que tener presente que nos encontramos ante una situación excepcional y que en un futuro retomaremos nuestros planes.
- 2 Evita la sobreinformación e identifica las falsas noticias.**  
Conocer lo que ocurre puede aliviar la incertidumbre o el miedo, sin embargo, demasiada información nos puede abrumar, llegando a ser una fuente de angustia y estrés. Busca información sólo de fuentes oficiales y limita el tiempo de información a una vez al día. Es importante destacar que la información obtenida a través de las redes sociales puede no ser cierta.
- 3 Manifiesta tus dudas.**  
Pregunta todas las dudas que tengas sobre la situación actual. Existen profesionales que pueden ayudarte a entender qué es lo que está ocurriendo.
- 4 Mantén el contacto social.**  
Habla con personas de confianza como familiares y amigos. Para comunicarte con ellos puedes usar el teléfono, el correo electrónico y los mensajes de texto. Usa las videollamadas (Skype, FaceTime, WhatsApp) para hablar cara a cara con ellos.

## CONSEJOS ESPECÍFICOS PARA LA CUARENTENA CON UNA PERSONA CON DEMENCIA

- 1 Explicar qué es lo que sucede.** El fondo es lenguaje adecuado a la persona: mensajes breves, sencillos y tranquilizadores.  
*«No se puede salir de casa, ni salir con otros personas, hay que quedarse en la misma, con esta persona a tu lado para acompañarte y ayudarte.»*
- 2 Conservar las rutinas que podamos.** Involucra a aquellas que más independientes les resulte. Muchas de las rutinas tienen que cambiar o adaptarse, pero lo más importante es a las que tenían y si vemos que alguna no funciona recíbrala y modifícala.
- 3 Cuidar que el ambiente de la casa sea tranquilo.** Intenta dirigir a la persona con confianza de uno en uno.
- 4 Mostrar una actitud positiva.** Transmite seguridad, calma y optimismo, así como no olvidamos de ofrecer muestras de afecto a la persona.

## ESTIMULACIÓN COGNITIVA EN PERSONAS MAYORES SIN DETERIORO COGNITIVO EN UNA SITUACIÓN DE CONFINAMIENTO

Mostrar interés al igual que cuando nos encontramos en un mundo real. Salimos con una intención de actividades cognitivas que favorezca para mantener un buen estado de salud, al igual que la actividad de la actividad física, el mantenimiento de una dieta adecuada y un sueño regular.

La estimulación cognitiva debe mantenerse en línea con las habilidades de memoria verbal. A diferencia de la estimulación cognitiva que se realiza en un contexto social, como el juego de cartas, el ajedrez, el bingo, etc., en este caso, el objetivo es mantener la actividad cognitiva en un contexto de confinamiento, por lo que se debe utilizar actividades que se puedan realizar en casa.

- 1 Alimenta la memoria verbal.** Si se puede, se puede hacer un juego de palabras o un juego de palabras.
- 2 Abre el diálogo con la persona.** Intenta recordar con confianza y seguridad lo que se le pide que recuerde.
- 3 Trabaja el día que estamos viviendo.** Haz un dibujo de lo que estamos viviendo.
- 4 Haz cosas nuevas o hazlas con una finalidad diferente.** Haz cosas nuevas o hazlas con una finalidad diferente.
- 5 Canciones.** Selecciona una canción que sea fácil de recordar y que sea una canción que se pueda cantar con confianza.

## TRATAMIENTO CONDUCTUAL DE LA DEMENCIA

**FUNDACIÓN intras**

En ocasiones, las personas con demencia pueden enfadarse e incluso volverse agresivas. Esto constituye una de las situaciones más difíciles de afrontar para sus cuidadores. ¿Qué podemos hacer ante una alteración de conducta?

- 1 Identifica qué ha ocurrido antes.**  
Es importante saber qué ha ocurrido justo antes de la alteración de conducta para poder identificar el motivo que ha generado la agresividad y/o enfado.
- 2 No te enfrentes a la persona con demencia.**  
Aunque no estés de acuerdo con lo que dice o tenga una idea que no es real, no intentes razonar con ella.
- 3 Respeta los espacios personales.**  
Intenta tener siempre un espacio disponible donde se pueda conducir a la persona con demencia cuando esté alterada (su dormitorio, otra habitación, el jardín, la terraza, etc) y deja tiempo para que se calmen.
- 4 Evita un lenguaje verbal o corporal amenazante y respeta su espacio físico.**  
En situaciones tensas muévete con lentitud y evita realizar gestos que reflejen tensión (cerrar los puños, cruzar los brazos, etc). Toma precauciones hasta que se haya calmado (por ejemplo, guarda una distancia física).
- 5 Cambia de tema de conversación.**  
Redirige el pensamiento y la atención de la persona con demencia hacia un tema que le guste y sobre el que pueda interactuar sin dificultad.

## Ejemplo de rutina MAÑANA

**FUNDACIÓN intras**

**9-10 H**  
- Levantarse a la misma hora aproximadamente, ventilar la habitación y hacer la cama.  
- Hacer el desayuno y desayunar. Tomar medicación si aplica.  
- Higiene y aseo personal (cara, manos, cara, ducha, dientes...)  
- Vestirse con ropa cómoda. Editar el plan.

**10-11 H**  
- Actividades cognitivas: Realizar las actividades cognitivas específicas preparadas por el centro al que acude la persona o recurrir a actividades más generales. Comenzar preparando un calendario orientador de un día que es día mes año estación del año.

**11-11:45 H**  
- Desayuno con la familia o asistente a la vivienda para que no se olvide el desayuno.  
- Preparar alimentos y tomar la medicación si aplica.

**11:45-12:30 H**  
- Comida o actividad física: (preparar de por delante el plan y hacer la comida o actividad física).  
- Mantener presente alimentos si aplica (legumbres, hortalizas, etc), lavar y preparar verduras, lavar y preparar frutas, lavar y preparar la ropa, etc.

**12:30-13:30 H**  
- Actividad de la casa para el polvo, lavar, fregar, poner lavadora, etc.

**13:30-15:30 H**  
- Preparar la comida o actividad física.  
- Comer. Tomar medicación si aplica.  
- Recoger y limpiar poner lavadora, etc.

## PROTECCIÓN DEL CUIDADOR DE UNA PERSONA CON DEMENCIA EN SITUACIÓN DE CONFINAMIENTO

- 1 Permite que otros miembros de la familia participen en el cuidado.**  
Accede a que alguien en el primer nivel de cuidado. Ten en cuenta que los cuidadores que no están directamente involucrados en el cuidado.
- 2 Reconoce y expresa los sentimientos.**  
Identificar lo que está sucediendo es el primer paso para poder enfrentarse. Habla con un amigo, familia o persona de confianza sobre lo que estás sintiendo. Es importante poder mostrar a otros tus sentimientos. Buscar el apoyo del tutor es recomendable en estos momentos.
- 3 No te culpabilices.**  
Las emociones negativas generan ansiedad o frustración. Es importante comprender que estas emociones son normales y acompañar al cuidador con confianza. También pueden aparecer sentimientos de ansiedad o frustración en los momentos en los que no comprendes lo que alguien o persona a la que cuidas. No olvides que cada persona es normal.
- 4 Utiliza estrategias para manejar situaciones complicadas.**  
Las alteraciones que más suelen causar problemas al cuidador son la ansiedad, las alteraciones del sueño, los sentimientos de culpa y el estrés. El contacto emocional es recomendable que busques información sobre el tratamiento de estas situaciones.